

Take HIV test for love, DOH urges OFWs

By Marlene S. Nieves

"If you really love me..."

The Department of Health yesterday urged spouses, girlfriends and boyfriends of overseas Filipino workers to ask their partners to take an HIV test before resuming sexual activity.

Health Secretary Marissa Duarte noted that OFWs continued to be the main transmitters of the fastest-spreading sexually-transmitted virus, according to a list of all registered cases in the country.

Official figures show 1,023 HIV cases from about 1994, with only 638 resulting in full-blown AIDS (acquired immunodeficiency syndrome).

A "Continuum Report" by the World Health Organization, Geneva, Pacific, and the DOH, available on the WHO website, estimates the actual number of HIV infections at just over 6,000 as of 2001, based on estimates of those residing in OFWs.

The Philippine National AIDS Council noted a 12 percent increase in the HIV rates among OFWs—from 28 percent of the total number in 2000 to 32 percent this year.

DoPH said it was aware in Angeles, Pampanga, where the women were found to have been infected by their OFW husbands.

AIDS could easily spread after coming through Filipino workers who have had "only one infection" abroad, the Health chief warned during a press briefing yesterday in a side-by-side with World AIDS day.

Duarte said the DOH was appealing to the spouses and partners because the government could not force the returning workers to submit to testing. "Confidentiality will be maintained," he assured those who would go voluntarily. And if forced positive, they will get help," Rhea del Preyter.

Gov't will go after JI, MILF warned

GMA: We'll fight terrorists even if it meant scuttling peace talks

By GAC, Cotabato City, and TJ Bergstein

PHILIPPINE MAIL—Secretary of Defense Macapagal-Arroyo yesterday said the government would continue to go after terrorists even if it meant scuttling the peace talks with the Moro Islamic Liberation Front.

"The government will not allow the peace process to stand in the way of the overriding fight against terrorism," his biographical outline states.

The MILF Defense Secretary Eduardo Ebrada said the other day, continued to support militant terror group Abuhay International's kidnapping in Mindanao.

But the MILF yesterday accused Ebrada of trying to derail the peace talks by extending the "old enemy" of the JI ending range.

"It's a statement in provocation. It hides rather than helps our efforts to achieve comprehensive peace. It is a violation of the ceasefire agreement," said Hal Ebrada, MILF spokesperson, in a phone interview.

Ebrada had said MILF members were meeting with JI operatives in two camps in Lanao del Sur and Lanao del Norte.

The camps, where Indonesian JI members were reportedly leaving their bomb-making skills, are believed to be in MILF territory.

"I have directed the government peace panel to bring this matter to the attention of the MILF so the peace talks will not be ended by the MILF to jump ball of terrorism and we have a standing commitment from the MILF to do so," the President's statement said.

Regulation also noted a last peace agreement between the government and the MILF were expected to have started six months ago but concerns about the terrorist group's security and international organizations have stalled the talks so far.

Ebrada said that he has commented, however, were working toward signals in the military, which had stopped its operations against the MILF following a formal cease-fire agreement in June.

"They're creating scenarios of death or chaos

on the part of the MILF in the peace

talks," Ebrada said.

He said the government should prohibit the illegal training of JI operatives instead of speaking as though about the "revoked" issue.

"They should have investigated this, instead of making irresponsible statements without any basis," Ebrada said, adding that the MILF camps were open to any investigation.

A secret peace advance party from Manila today in an effort to find a way to involve the Muslim side of the ceasefire, which is one of the preconditions for the resumption of the peace talks in Kuala Lumpur.

Ebrada said Ebrada's statement was aimed at covering up the government's failure to comply with agreements made during exploratory peace talks with the MILF earlier this year, such as the pulling of troops

from the Balabac complex.

"There are reasons the peace talks have been put off a lot of times," he said.

Philippine Ebrada's statement was also aimed at covering public security away from Manila, where there has been an increase in terrorist attacks and kidnappings.

"This is a government's work to ensure to shift attention away from Manila," he said.



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OPENING HOURS: MON-FRI: 9:00AM-7:00PM SAT: 9:00AM-6:00PM

GMA orders agriculture dep't to move head office to Mindanao

By Isabel Ladoja-Jordan

PRESIDENT Manunggul Arroyo yesterday ordered the Department of Agriculture to relocate its head office to Mindanao in a bid to counter the belief that the country's food basket.

"We need to maximize Mindanao as the food basket. Agriculture modernization and agricultural policies have emanated from Mindanao, but Manila," the President said in a speech at the opening of Davao International Airport.

"This is why that thinking, I instructed [Agriculture] Secretary Gen. Leticia Ramos Rema to move the Department of Agriculture's head office to Mindanao," he Manunggul said in a speech given at the department lounge of the new airport.

The new airport in Davao, the country's second largest city, has a capacity of 1.2 million passengers and 100,000 tons of cargo a year and can handle up to 10 planes every hour.

He Manunggul said Leticia would hold office in Mindanao, while two UN agencies-including the United Nations Development Programme (UNDP) would stay in Manila.

"Good to carry risks," she said, "to bring Mindanao closer to the rest of the country."

"This is what these international agencies will give... more power for Mindanao in the country," he said.

He Manunggul said Leticia was "very re-



PRESIDENT Manunggul Arroyo with other officials at the Davao International Airport. From left: Secretary General Leticia Ramos Rema, Secretary General Leticia Ramos Rema, and Secretary General Leticia Ramos Rema.

luctant" about the transfer and would not be involved in the project for a while.

But with only five months left before the May 2004 presidential election, Manunggul could not expect the department to move in a year-long move.

President Arroyo's speech came as the idea of transferring the DA to Mindanao had been circulating for quite some time.

The November 2002 copy of Pulse Asia Inc. showed that Mindanao would only come in the top three if the DA was not moving again after the transfer. In a poll, the pollster DA said, a DA move to Davao was 100 percent.

"This is why even if I am moving a very fast car, I could not help but to feel with all of me," she said.

"I had been with you in your dreams from the beginning and we were always brought to the table the dream that the future of the country is in the hands of the people and the people are the future of the country. I had been with you in your dreams from the beginning and we were always brought to the table the dream that the future of the country is in the hands of the people and the people are the future of the country." she said, with a smile.

More Pinays leaving due to 'bleak outlook'

By Maria P. Nolasco

SEMI-GRANT foreign workers predicted that more Filipinas would go abroad, most of them to Japan, because of the "bleak outlook for Philippine economy and social progress next year."

"We foresee an increase in the next few years in the number of Filipino women leaving to Japan in search of a better life for themselves and their families," the Bureau of Labor said in a report on the state of the labor market during the first six months of 2003.

According to government data released in 2002 and projected in the report, out of 288,000 "new hires" for various jobs, 23,000—or 7.5 percent—were women.

The figure for women workers going to Japan was much higher. Out of 77,800 overseas workers who went there, 73,400 were deployed as contract workers, 32 percent of whom were women.

Another migrant group, Hong Kong, and other Filipinas women were employed in other countries, mostly in domestic workers, nurses and teachers.

The migrant group said the women workers have a big risk of being abused sexually, physically, psychologically and verbally.

"If we do not actively find solutions to the problems faced by women workers in Japan, more of these women will be forced to work under conditions that will be even more abusive," the report said.

THE DAILY GOSPEL



Tuesday, December 2, 2003

1st Week of Advent

For reading: 18:11-14

18:11-14

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RP to sign UN anti-graft pact in Mexico

The Philippines will sign the United Nations Convention against Corruption during a high-level political signing conference in Mexico, Mexico City, Dec. 2, 2003, Manunggul Arroyo said.

"This agreement reflects our own values and embodies our aspirations. Like other countries, we are concerned about the ever-growing problem of corruption and the damage it causes to the stability and security of nations, and how they undermine the institutions and values of democracy," the secretary said.

Opila said the Philippines would also "have actively" for the agreement's ratification.

A delegation led by Secretary General Leticia Ramos Rema, Secretary General Leticia Ramos Rema, and Secretary General Leticia Ramos Rema, will go to Mexico City to sign the agreement.

"We are determined to make effectively prevent, detect and prosecute corruption," she said.

Opila said the new treaty, which will enter into force in 2003, is a landmark agreement for the Philippines and other countries.

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Ponderosa's of flowers

By Charles E. Butler

IMAGINE a rugged, Boner-band pathways, redefined walkways and Mexican-Spanish inspired houses speckled with bougainvillea, bougainvillea, orange, pink and purple roses.

There are what are called in business terms, the latest modern theme gardens in the Philippines. They are called the Ponderosa gardens.

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PHOTO: Ponderosa Gardens



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James Hardie pre-Xmas treat sweetens sales in ongoing promo

WITH CHRISTMAS just around the corner, James Hardie Philippines, Inc. is celebrating with "Xmas, Xmas, Xmas" a promo that will give buyers of Hardie products a chance to win cash prizes.

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More than common sense is needed

MANILA (P.D.E.) Right in the one-on-one interview with a TV news correspondent, I felt like an incomplete piece and was told: "When confronted with the question how he would address the country's persistent problems (e.g., kidnapping, economic reform, poverty), his confident answer was simply, 'common sense.'"

I wondered what my shy 37-year-old friend by "common sense" is. In no common sense simply means the logical, feasible common sense in all (regardless of situation and other national expertise), which is not dealing with everyday dilemmas.

Given the above definition, may I re-

spond my list that the Presidency entails more than "common sense." In the day and age, the presidency is expected to deal with complex and overlapping problems in governance, economy, security, among others things. Though it is not outside the integrity and persistence of P.D.E. recent public history matters in that the country's problems entail much more than integrity and persistence. Technical competence, i.e., business acumen and the political will to implement reforms, should form a significant part of the success of the presidency.

Though one may argue that technical competence may be substituted with a

history of economic and policy sciences, this cannot replace genuine experience possessed by a leader. Given a situation where address a crisis on policy issues, the president must possess the necessary wisdom to break the response and decide what's best for the country. Mr. Estrada failed in this regard where he chose to listen to his kumapang rather than judge problems based on merit.

In the end, I only have one thing to implement what P.D.E. When you go out in the field to campaign and you have the daunting size of your task, please do not underestimate the legitimacy of the



of the Filipino people. Think back to the common things you can do for them. If you can't think anything creative, you still have time to do what's best!

—**REXHA L. SAN JUAN**
Department of Political Science,
University of the Philippines, Diliman,
Quezon City

'Hua fei'

MANILA (P.D.E.) The name of a new Chinese book, *Hua fei*, may mean Chinese wealth that appear on the cover of a new coffee table book, a direct translation of the English title, *Chinese Riches*.

Some time back, *Hua fei* (Chinese Riches) had me I should do more articles about China's "Chinese Riches" because there's still a great deal to be learned.

After "Hua fei" (Chinese Riches) I was the richest man in the world, I think, I don't know more than what I could not hope to accomplish even if I was to do it. I don't know if the book has been translated into Chinese.

—**Michael L. Tan**



Best credentials to head Philippine Sports Commission

THE THOUGHT of Mike Arana as Philippine Sports, 1993, 11/21/2003, is the most and most intense criticism of what is wrong and how these deficiencies can be corrected in order to get our sports program out of its present level. But because the best credentials to head a national sports body, the repre-

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SPORTS

Elis Beyer rip Taiwanese on Amida's two-bitter, Jorgie ranch with Japanese.

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SEA GAMES

Matan on target; water polo team falls

HANOA—Filipino archer Florante Matan Jr. got off to a roaring start in the 22nd Southeast Asian Games here yesterday by breaking the SEA record in the 70-meter distance at the National Sports Training Center 1.

The 31-year-old carpenter from Cebu, Matan, who ranked 204 (out of 205) in past Indonesian Games, won the 70-meter distance in the 22nd SEA Games. He shot 100 in the 70-meter distance, breaking the SEA record of 98 set by Indonesian archer, who won the SEA Games in 1997.

Matan finished byron points in the match as he scored 100 in the 70-meter distance, breaking the SEA record of 98 set by Indonesian archer, who won the SEA Games in 1997.

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Pacquiao US tax cheat after all

By Solene L. Lapadula

MANILA—Nepal, the current host of the Philippine sports, is a tax evader in the US. The 31-year-old boxer, who recently pulled off a historic win over Mexican featherweight great Marco Antonio Barrera, won the federal income tax return of \$200,000 in 2001 from his previous fight in the United States.

An income tax return and the amount does not include the money from his 2001 fight with Barrera, which the Filipino won against a \$700,000 purse by pay-per-view event.

After the fight, a top tax official has been indicted in the US, told the tax return that the tax payment is the responsibility of the taxpayer, according to the Internal Revenue Service, and his business manager, Bud Gonsky.

It was Gonsky who announced that Pacquiao was getting only \$200,000 for the fight with Barrera, but he later admitted the actual purse was \$700,000.

Pacquiao's lawyer, Lito Noyes, wrote in June 2001, when he reported the \$200,000 fight, that he was a coach-coach.

He returned his side with a national draw against Aguirre, which he lost from class in November and kept it again with a second-round knockout of Jorge Eliseo Julio in Manila in June 2002. Pacquiao then helped Francisco Yulo in Los Angeles in his fourth title defense last July.

Gov't awards P5.94B worth of power transmission projects

By Ronald K. Dunning

STATE: San Antonio Transmission Corp. has awarded to contractors two projects to build and power grids in the future worth P5.94 billion, Energy Secretary Manuel Ponce Jr. said yesterday.

During the launch of the National Energy Work Administration, Ponce said the partnership of Japanese firms, Eastman Corp. and J Power Systems will awarded the \$60-million (about P2.74 billion) contract to build the Leyte-Cebu transmission upgrading project.

"An ongoing loan negotiation to be awarded by the middle of this month," Ponce said. The Japanese firm was to build with the Japan Bank for International Cooperation on the financing of the project.

Ponce also announced that the contract for the 10th edition of the P2.2-billion Cebu-Manila

interconnector project has been awarded.

The official did not name the winning contractor for the interconnector transmission line project, saying only that a contract signing would be formalized in the next few weeks.

"This is good news for industrial electricity users located in the Cebu export processing zone," he said.

State from Taiwan showed that the spread Leyte-Cebu transmission lines were expected to be made by the end of December 2003. The installation of a second 22.5-kilovolt transmission line between Leyte and Cebu would give an additional 200 megawatts of energy from Leyte to the Cebu, Ponce said.

The added capacity would double the volume of electricity being exported from power plants owned by Leyte's power company.

Meanwhile, the Cebu-Manila project, won

completed by December 2003, aims to bring up the capacity of power transmission from Cebu to Manila to 200 MW from 60 MW.

The government is stepping up efforts to ensure that a looming power shortage in the Cebu, Negros Power grid would be avoided, especially during the holiday season.

Ponce said earlier that the SEC had authorized the National Transmission Corp. to start negotiations with independent power producers from one-hour and longer on the possible lease of their power to begin out-planting units.

"Percentages of the power transmission lines-assigning plant terms completed recently in preparation for the auction of power (started in December)," Ponce said.

The official said the National Transmission Administration had also been contacted to find distribution utilities to integrate with other generators for additional supply.



WPS-GRACE NISUM 1322 LAUNCH

Nissan Motor Philippines Inc. president and CEO Louie Lee (right) welcomes Taiwan's Minister of Economic Affairs Lin Yeh-Fu (left) and Japanese Vice Minister of the Trade and Economic Cooperation Office during the launch of the Nissan 1322, the new sports car of Nissan. Nissan Motor Corp. is the parent company of Nissan, a car giant automobile company based in Tokyo.

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Cyber Bay makes final appeal on reclamation deal

By Denis C. Sumbas

CYBER Bay Reclamation Development Corp. has not given up hope that the Supreme Court would reverse its decision to deny its development contract with the Philippine Reclamation Authority (PRA), but may seek international arbitrators if the final and final appeal fails.

In a briefing yesterday, Cyber Bay legal counsel Renato Hernandez said, "We'll take it as far as we can but we'll have to accept an arbitrator's decision."

Cyber Bay seeks to build a new city in the high island, which includes a 100-hectare area, according to a statement from Cyber Bay. Cyber Bay president Peter Sumbas said the PRA had not been engaged in the idea that the plan involves creating a 700-hectare industrial development in the island's coastal area.

As a last resort, however, the development has been in second appeal to the high court—can file a petition to clear the way with the International Chamber of Commerce.

"The arbitrators already will provide the arbitrators," the right one, we will see the court's appeal," Sumbas said.

Sumbas said the case has been in the jurisdiction of the International Chamber of Commerce (ICC) and Cyber Bay after the matter has been handled previously on commissioning. He believed it was fulfilled because of alleged bribery and so on.

However, he said there was no judicial process involved in determining whether the money changed hands in the buying of the contract, which the ICC had previously ruled in a 2001 report, which was made on the basis of the original joint venture agreement and not the amended one.

"The court totally disregarded the findings of the independent expert," Sumbas said, who upheld the validity of the amended PRA "contract."

November deficit seen on track

By Clarissa S. Baltes

THE MANILA administration was likely to reach its target of P1.8 billion budget deficit in November as revenues and expenditures appeared to be on track, the government reported in a bid to spend while waiting for improvements in collection.

Customs Commissioner Antonio Remon said his bureau likely met its P1.4-billion target in November. Revenue Commissioner or Guillermo Irujo Jr. said that it had been struggling to meet the P1.4-billion November target although an agreement with banks for the voluntary payment of bank loans was expected to help the bureau achieve the goal.

"I think we will be within range to November," he said on the way to the bureau's office. He said the bureau was not yet ready to start the year. He said the bureau was not yet ready to start the year. He said the bureau was not yet ready to start the year.

Budget Secretary Franklin Irujo said there was no need to worry about the revenue deficit but any spike in spending should have been offset by higher collections.

"It's only a matter of time. I think we are very comfortable in meeting the P1.8-billion deficit target for the year," Irujo said.

The government must limit its spending to about P12 billion in November and P14 billion this month to meet the deficit target of P18 billion for month and P11.22 billion in December. In the third quarter, expenditures exceeded the ceiling by P1.9 billion.

As of October, the gap between revenues and expenditures stood at P15.88 billion or 10 billion lower than the ceiling of P7.18 billion for the 10-month period.

The government is expected to exceed the budget deficit this month by P3 billion due to increasing debt service to around P1.5 billion. Chairman said the government's economic growth is not yet included in the final program for the year.

By Richard W. Doughty

"We expect the Winchester road facility to be in-place by December of 2006," he said. "The plan is designed to meet the highest, national standards of the government and the World Bank."

Recently, from the Department of Energy, there has been a debilitating supply shortage as a result of a storm in Michigan in 1986, the same year that the Michigan road plant is scheduled for commercial operation.

Price noted that Mitsubishi had been enjoying economic growth as stimulated by the 14 percent increase in Nagasaki's electricity sales in the first half of the year.

The new C3000 is a licensed mechanical engineer who graduated from the Mapeia Institute of Technology, he obtained his masters degree in business administration at the La Salle University, Brazil. C. Boudier

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TOYOTA

When is the best time to exercise?

Part 2

EVENING (photograph) lighted edition of AED and CEN that afternoon star of the night be a good way to prevent injury and get maximum performance, but he said the most important thing is a consistent exercise regimen.

Well and Good



Tina Davis

There is no such thing as a free lunch, and there is no such thing as a free exercise.

Other health experts interviewed by CEN said people preferred to exercise in the morning, they just needed to spend a few minutes warming up in the morning.

Can morning exercise make you sick?

Dr. Robert H. Thompson of Brand University, London, issued a list of statements in the athletic world when he suggested morning exercise could make athletes more prone to illness.

Thompson studied 14 professional endurance athletes and he found the most common period was in the morning, but he found no difference in the illness rate between those who exercised in the morning and those who exercised in the evening.

Thompson said the immune system is at its lowest in the morning, and he found no difference in the illness rate between those who exercised in the morning and those who exercised in the evening.

Thompson also said morning exercise could cause wheezing, but he found no difference in the illness rate between those who exercised in the morning and those who exercised in the evening.

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Exercise improves sleep by producing a rise in body temperature, followed by a drop a few hours later, which is what makes you sleepy.

Why some people commit suicide

FORTY years ago, Rose Jane Lee (at left), a young mother of a barely two-month-old child, committed suicide by jumping from the top of a building in Midland City.

Both Rose's relatives and her husband, Henry, who was also a successful person like her, could not find any logical reason why she would end her life. The couple had no serious problems with each other; they did not quarrel prior to the tragic incident; they were economically sufficient; the marriage was a happy one; there was no third party involved; her health was good.

Causes of suicide in the Philippines, especially among the young, are interesting. Some of the known causes are drugs, poverty, serious depression and loneliness, parental quarrels, jealousy, abuse or loss of love, terminal illness, insanity.

But in the case of Rose, none of these causes exists.

In Western Europe, where the highest rate of suicide has been reported, poverty is never a factor. No one is really poor out there. The cause may even reveal a sign, an ineffable feeling of uneasiness and spirit of emptiness amid material wealth and success. Another does this apply to Rose?

What happens to the spirit of those who commit suicide? For some, they remain sane and content on the other side. They cannot remember why they are still alive when they have already committed suicide.

There was this case of a young man who committed suicide by shoving his wife with a sharp knife. A cardiologist saw what he did. His spirit kept on knocking his wife, although his physical body was already dead. He could not

Inner Awareness

Julius E. Luciano



understand why he wouldn't die. He continued to study his physician while thinking he was still in the flesh.

Such a spirit will remain conditioned until he begins to realize he is already dead and accepts it. And there are dead relatives and spirit guides who come to help such confused souls.

The case of Rose was a big puzzle not only to her husband and to the rest of her relatives because, as pointed out earlier, they could find no justification, no rational explanation why she would choose to end her relatively happy and successful life.

The husband was beginning to blame himself for the suicide of his wife, although he already had nothing to do with it.

Negative spirit

When I was asked her wish for my opinion about the case of Rose, it immediately occurred to me that the cause of her suicide could be negative spirit. She must have been possessed by an evil spirit and, while inside her body, made her jump to her death.

For me, it is her own mind would do nothing like that. The very thought of the physical pain the person would experience upon landing on the ground should be enough for any normal person to be discouraged from proceeding with the act.

So, I thought only somebody not in

full possession of his or her faculties could commit suicide in that manner. The fact that she just gave birth to a lovely and healthy child a couple of months back added further proof to the theory that she was not mentally stable when she jumped to her death.

So, we decided to conduct an exorcism from the upper 30th dimension, who was being channelled by a lady physician through automatic writing. For an explanation. The answer this highly evolved entity gave was enlightening and very revealing.

"The suicide was caused by an external force, is he spirit," said the entity. "There was also a deep desire for them to end her life. This is the reason for the attraction of the Dark spirit to the form of a normal, happy, thoughtful, to disrupt the flow of goodness in her life."

"I am very disappointed with the way her life turned out to be, though her physical form did not show it. Her life karmic appearance was indicated a lot. Her jumping, her suicide could not have been prevented by her husband."

The spirit of Rose came in at this point and explained the automatic writing. She explained that the negative spirit was controlling her. She could not do anything. She asked one of our companions to pray for her and send her love and she was still as a lion for having committed suicide.

Address letters to this column to JRM Prison Plaza 1, 126 Legaspi St., Greenbelt, Midland City, Sol. No.: 8807941 or 8808000 or e-mail: juliusluciano@comcast.net. Visit my website at <http://JuliusLuciano.blogspot.com>. I am in my 30th dimension program every Monday, 5-8 p.m.

Easing a patient's family's worries

CALED Intensive Care Unit (ICU) or Critical Care Unit (CCU), patients in this specialized section of a hospital need close monitoring, and are sometimes in shock or near death. The unit, by providing special care to a patient, also offers physical and emotional relief to family members who are sometimes their loved one is in permanent hands.

At the St. Luke's Medical Center-Pediatric (SLC), the critical care patient is one more.

Dr. Herbert Uy, a brilliant physician, said taking care of sick kids was a big challenge. Although Uy had seen kids to be more patient than adults against illness and able to regain composure much more quickly, he stressed the need to have sick children attended

to avoid complications.

During the government's outbreak, for instance, the most important intervention was to try to prevent the level of salt in a patient's body.

Children's life because of dehydration or loss of body fluids. Once body salt becomes abnormally low, hypotension or trouble of replacement fluids should immediately be effected. In which a kid with gastroenteritis is brought to the CCU, the first thing the medical team does is to administer to intravenous fluids.

Other cases brought to the Pediatric CCU, aside from those coming from the emergency room or experiencing from surgery, are kids with blood pressure problems, usually referred to as hyp-

ing hemodynamic instability. Kids are also susceptible to low blood pressure or uncontrolled hypertension due to various conditions like kidney problems or, cutting from previous surgery.

A deep sleep is a child's greatest enemy, as is the case of longer patients, will also happen in the CCU.

In its urgent parents to bring sick kids to the nearest hospital right away once they are the following symptoms of bleeding, unconsciousness and vomiting of digested food. They should not wait for the child to develop shock when they become restless, drift in, and out of consciousness, do not respond easily to commands and are unresponsive to stimuli.

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Yoga wear that feels like heaven

MANES and Spencer leads two of the country's leading yoga and fitness magazines from the pages of their respective careers.

At 33, J.J. and Jockey and health and fitness magazine *Yoga* is a woman with her mind, body and soul. Yoga is Ananda's brand of relief after a physically rigorous week. "I actually teach patching aerobic flow from a mat, and to illustrate my work in the radio-station, Yoga helps me relax after working 12 weeks and having," she says.

Aside from helping her balance stress on her job, Ananda reveals that yoga has helped her become more physically flexible and emotionally sound.

Just as relaxed as Rocco (20), a 30-year-old exercise as a career company from telephone sales. One reaches in the peaceful settings of her "yoga" yoga position. That only explains her gradually eased difficulties, but she believes there's more to it.

"What I've realized is yoga is more spiritual in nature. The physical benefits derived from regular practice is just living on the edge. Yoga has enabled me to gain my mind and lead a better life," she says.

One can create the inner glow in both women, brought about by a totally calm will being.

Another reason to make Ananda and One smile is the new *Manes* and Spencer's yoga and fitness line, "Yoga" — a new line of yoga wear that feels like heaven when they practice.

"I love the feel of it and I greatly appreciate how it moves with my body, it allows my skin to breathe and the stretch fits my body as well," says Ananda.

"The *Yoga* line is ideal since it helps me do more in a fit in preparation to represent as a dancing program in the body of today. The *Yoga* line fits, and it gives a comfortable feeling especially at the end of every session, during November (some good), when we will see our stars. In fact I would end up feeling cold and sticky with sweat," she says.

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